THE SWEDISH MOVEMENT-CURE AND MASSAGE in AMERICA 1850 - 1915

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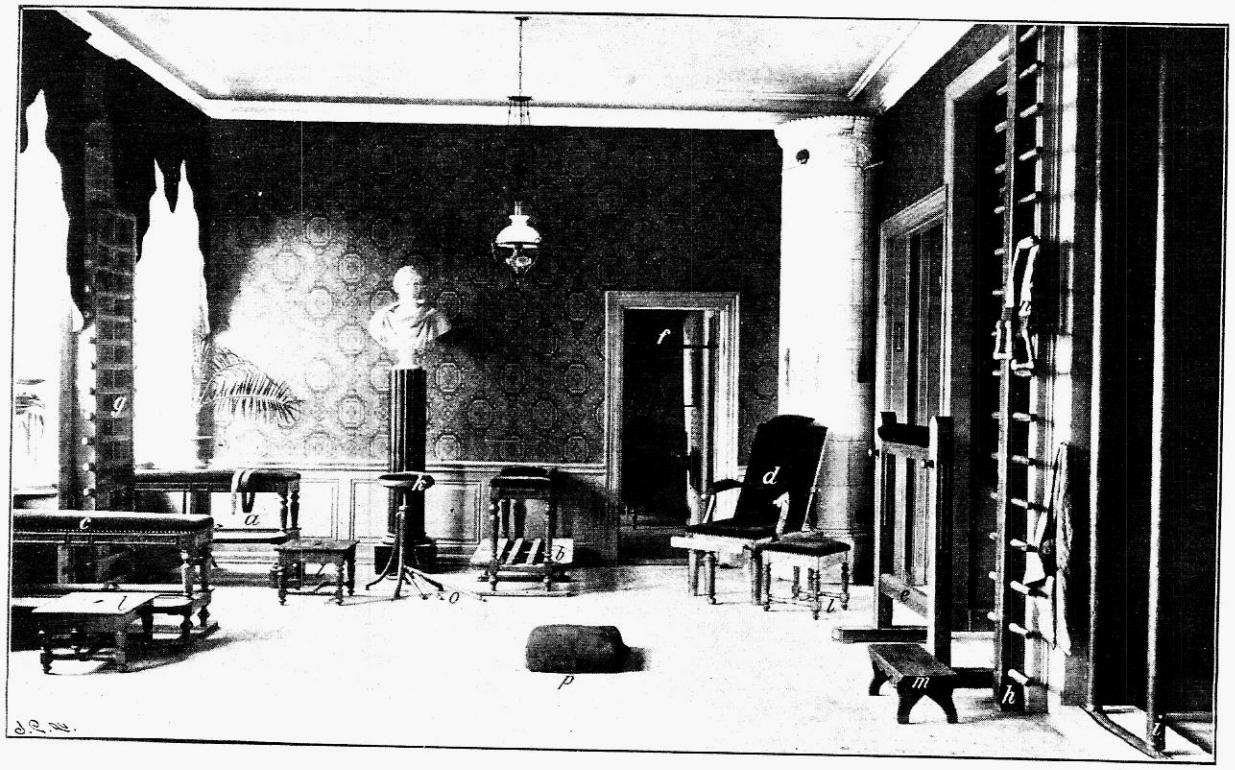
The Gymnastic Apparatus in the Gymnastic Orthopedic Institute, Stockholm



a, *b*, *c*, high plinth; *d*, low plinth; *e*, boom; *f*, trapeze; *g*, rib-stool; *h*, peg-post; *i*, poles; *k*, table; *l*, stools; *m*, foot-stool; *n*, forward-drawing-rope; *o*, rods; *p*, cushion. Description see page 5.

Position.—The patient is lying flat on his back, generally without head-rest, and with the knees

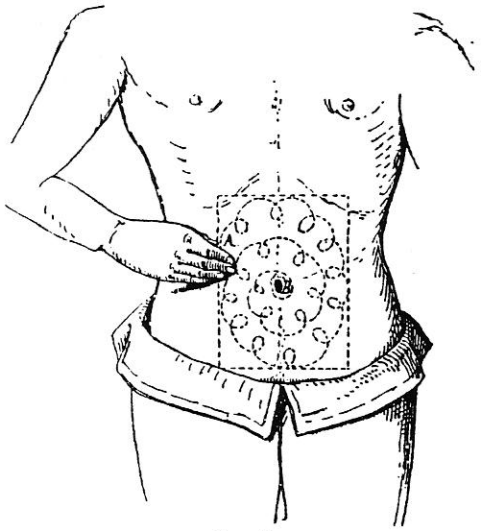


Fig. 18.

drawn up, so as to relax the abdominal muscles (see Fig. 17). It is most convenient for the operator to sit at the patient's right side.

1. Friction with the tips of the fingers in circles *from right to left* over the umbilical region of the abdomen, thereby acting upon the *smaller intestine*. Begin with a very gentle pressure, gradually increasing the strength of the manipulation (see Fig. 18).

2. Spread the right hand over the abdomen so that the ball of the hand covers part of the *ascending colon;* press over that part upward to the *transverse colon;* then stroke with the radial border of the hand firmly over to the left side. Here the tips of the fingers should be used for the downward pressure over the *descending colon*. The manipulation is repeated in circles without interruption (see Fig. 19).

These two manipulations are schematically illustrated in Figs. 18 and 19, and the operator should teach the patient how to perform them on himself every morning, particularly in cases of constipation.

A cannon ball covered with leather is also very useful in manipulation No. 2, when the patient for some reason is obliged to do it himself. They can be procured from Charles Lentz and Sons, Philadelphia.

3. Kneading with the heel of the hand over the whole abdomen, going carefully at first and avoiding any sore places. Fecal lumps are often found and they should be gently and gradually broken up. Near the sigmoid flexure we can sometimes accomplish more by substituting this manipulation for that of the friction with the tips of the fingers. The reason for that is that we can reach in deeper and our efforts become more localized. The same refers to the breaking up of adhesions of the appendix and the ovaries.

This manipulation will sometimes produce an unpleasant sensation at first, which is frequently caused by the patient not breathing properly. Talk to him so as to make him forget that he is being treated. Some operators place one hand as a support under the patient's back, and it is a very good idea, as the manipulation feels more comfortable and we have a better and more fixed control over the abdominal viscera.

4. Vibrations over the descending colon.

5. Turn the patient on his face and perform firm beating of the sacrum in circles so as to act upon the *rectum*.

Massage of the abdomen must never be applied soon after a meal is partaken of. It is well to tell the patient to evacuate the bladder before beginning the treatment.

In chronic cases of constipation it is a good plan to have the patient take an enema, so as to clean out the sacculated colon before starting the first treatment. The indiscriminate and continued use of injections will produce a relaxed condition of the bowel, while on the contrary massage will strengthen and stimulate to normal activity its various membranes.

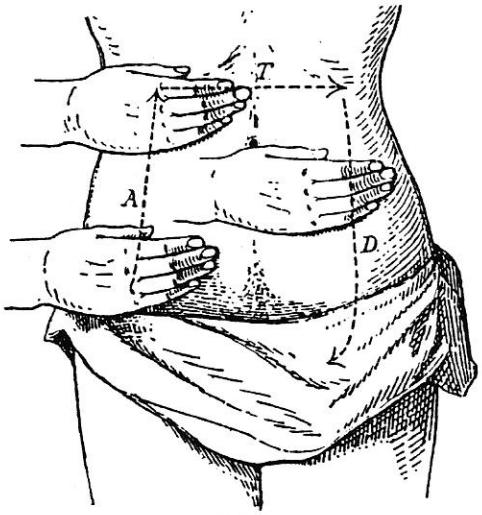


Fig. 19.

MASSAGE

AND THE

ORIGINAL SWEDISH MOVEMENTS

THEIR APPLICATION TO VARIOUS DISEASES OF THE BODY

LECTURES BEFORE THE TRAINING SCHOOLS FOR NURSES CONNECTED WITH THE HOSPITAL OF THE UNIVERSITY OF PENNSYLVANIA, GERMAN HOSPITAL, WOMAN'S HOSPITAL, PHILADELPHIA LYING-IN CHARITY HOSPITAL, THE PHILADELPHIA POLYCLINIC AND COLLEGE FOR GRADUATES IN MEDICINE, AND THE KENSINGTON HOSPITAL FOR WOMEN, OF PHILADELPHIA

BY

KURRE W. OSTROM

FROM THE ROYAL UNIVERSITY OF UPSALA, SWEDEN

SIXTH EDITION, REVISED AND ENLARGED

WITH ONE HUNDRED AND FIFTEEN ILLUSTRATIONS

PHILADELPHIA

P. BLAKISTON'S SON & CO.

1012 WALNUT STREET

1905

From: Massage and the Original Swedish Movements by Kurre Ostrom 1905 pp.137-142.

HABITUAL CONSTIPATION.

Massage and movements are now freely used for constipation. The treatment must always be local in the beginning, and afterward constitutional.

1. Local massage (ten to twenty minutes).
2. St. bending of knees (hands on hips).
3. L. raising body.
4. S. turning of body.

10

5. St. beating of sacrum.
6. See 3.
7. See 4.
8. Flexion and extension of legs.
9. St. percussion of back.

Schreiber says: "Chronic constipation offers the most signal success to mechanotherapy, for it is possible to make direct mechanical pressure upon the celiac and hypogastric plexuses, and through

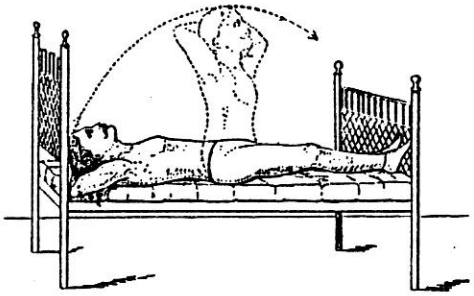


FIG. 105.

these to reflexly excite peristalsis; furthermore, the vasomotor nerves and the intestinal muscular fibers are directly stimulated by the squeezing to which they can be subjected." The treatment is indeed very effective, and it is not rare to obtain an evacuation of the bowels immediately after the manipulations.

After the patient has taken a course of treatment he should be instructed to take every morning a few exercises to keep the bowels working properly. The patient, will, as a rule, offer the common excuse that he has no time for such a procedure, but the operator should rigidly insist upon it, telling him that he, by neglecting to take the exercises, may

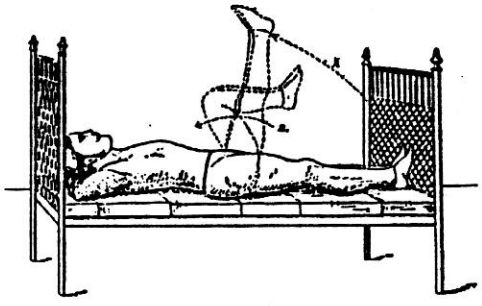


FIG. 106.

gradually lose the benefit of the course of treatment he has undergone, and incidentally, he may suggest to his patient simply to rise ten minutes earlier and he will have ample time to perform the movements. We have selected five of the most effective exercises easily performed in the bedroom.

As in Fig. 105, the patient should lie flat on his back, without head-rest, with hands clasped back of the head; he should slowly rise to a sitting position, and, if able, even bend forward as much as possible. When first taking the movement he will have some difficulty in keeping his feet down; tell him to put a pillow or quilt on top of his feet. By this exercise we strongly compress the abdomen,

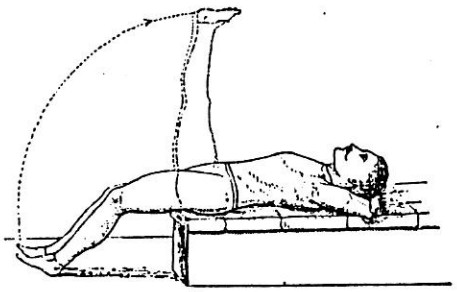


FIG. 107.

aiding in fecal movement mechanically, increasing the general peristaltic action, and accelerating the secretions from the various glands. The following four exercises (see Figs. 106–109) are very similar in their effect, and they are so clearly illustrated that we do not deem it necessary to separately describe them. (The standing bending of the body should be carefully done by patients suffering from hemorrhoids.)

Constipation is of most frequent occurrence in infancy. Less than three evacuations a day indicate a constipated condition. Place the child flat on its back in the bed, or, if convenient, on the mother's lap; inunct the abdominal wall with pure olive oil, and proceed with the massage of the abdomen as previously described, paying special attention to the various parts of the colon. Colic, so frequently caused by improper action of the bowels, is often quickly relieved by massage. If the abdomen is much distended, care and judgment must be used

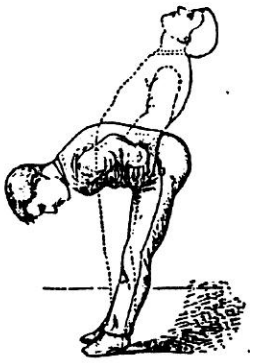


FIG. 108.

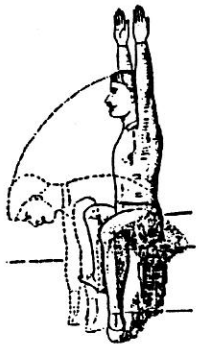


FIG. 109.

so that too much pressure is not applied. Pass lightly over the region of the transverse colon, and *never* use so much pressure on any part as to cause pain. Any intelligent mother can be properly instructed to treat her child for constipation, and such knowledge will often be very useful not only directly at the time, but also indirectly afterward, as it will often save the child from irritating and weakening laxatives carelessly administered without the physician's orders. Even in cases of infants, we must not lose sight of the wonderfully strong *tonic* effect of the massage.

THE SWEDISH MOVEMENT-CURE AND MASSAGE IN AMERICA
1850 - 1915

(with comments on its relationship to osteopathy)

1813 The Royal Central Gymnastic Institute opens in Stockholm, Sweden. Pehr Henrik Ling develops Medical Gymnastics.

**** **In the United States, Ling's Medical Gymnastics is known as the Swedish Movement-Cure.**

1854 George H. Taylor, M.D. introduces the Swedish Movement-Cure to America as the director of the Remedial Hygienic Institute in New York. He studied medical gymnastics at the Central Institute in Stockholm, and later founded the Movement-Cure Institute in New York.

1860 Metzger of Amsterdam develops his "massage" treatment.

1860 An Exposition of the Swedish Movement-Cure. by George H. Taylor published in New York. First known book in English published in the United States on Ling's Medical Gymnastics

1861 Theory and Practice of the Movement-Cure by Charles Fayette Taylor published in Philadelphia.

1862 Dio Lewis' Normal Institute of Physical Culture in Boston offers instruction in the Swedish Movement-Cure.

1867 John G. Trine, M.D. opens the Movement-Cure Institute in Chicago. Attended New York Medical College and Dio Lewis' Institute.

1870's John H. Kellogg, M.D. studies massage and medical gymnastics in Sweden and other European countries and brings them back to the Battle Creek Sanitarium, Michigan.

1873 Swedish physicians Berghman and Helleday introduce Metzger's "massage" to Sweden.

1874 "On June 22d, 1874, I flung to the breeze the banner of Osteopathy." A.T. Still

"In accounting for his success, Still would synthesize some of the major components of magnetic healing and bonesetting into one unified doctrine." (Gevitz The D.O.'s 1982:17)

**** **Between 1880 and 1920 there is a resurgence in physician licensing laws. Independent Movement-Cure practitioners can no longer treat illnesses where restricted by law.**

1880 Health by Exercise by George H. Taylor (New York). Exactly the same as Exposition of the Swedish Movement-Cure (1860) except for the **addition of a section on massage.**

**** **By 1880 The Swedish Movement-Cure (Medical Gymnastics) and Massage are linked in literature and practice.**

1883-1893 George H. Taylor writes 14 articles in the New York Medical Times and New York Medical Journal on the movement-cure and massage.

1883 Hartvig Nissen arrives in Washington D.C. as Vice-Consul from Sweden and opens the Swedish Health Institute for the Treatment of Chronic Diseases by Swedish Movements and Massage. There he treats foreign diplomats and prominent Americans including Congressmen.

1885 Baron Nils Posse arrives in Boston from Sweden to open a practice in Swedish Medical Gymnastics.

1889 A Manual of Instruction for Giving Swedish Movement and Massage Treatment by Hartvig Nissen. (Philadelphia).

1890 Posse Normal School of Physical Education opens in Boston. Instruction in Swedish Medical Gymnastics.

1890 Massage and the Original Swedish Movements: Their Application to Various Diseases of the Body by Kurre Ostrom. Published in Philadelphia.

**** **Physicians employ nurses, medical gymnasts, and masseurs and masseuses to carry out prescriptions for massage and the Swedish Movements.**

1892-1912+ Posse Normal School maintains clinics in most of large Boston hospitals, including the Boston City Hospital.

**** **Swedish Medical Gymnastics and Massage are being taught in Physical Education Schools along with Swedish Educational Gymnastics. Graduates of physical education schools are hired in hospitals to do massage and remedial exercise.**

Other schools of massage and physio-therapy appear. No regulation of operators. Many complaints of frauds.

1894 The American School of Osteopathy (founded 1892) chartered by the State of Missouri. Located in Kirksville, Missouri, it was founded and operated by A.T. Still, and was the first osteopathic school.

"Where Still had built his system largely upon the principles and practices of magnetic healing and bone-setting, his new faculty relied upon more reputable sources of knowledge...In examining the massage and Swedish Movements literature, Still's new faculty recognized the similarity of the systems to osteopathy in the type of diseases successfully treated and in some of the techniques employed. However, they firmly believed that their own approach was more specific in terms of diagnosis and therapy." (Gevitz The D.O.'s 1982:29-31)

1896 Physician Licensing Law in Washington D. C. prohibits practice of medicine without a license, but practitioners of the Swedish Movement-Cure are exempt. The exemption was removed by 1926.

1900-1910 Similarities of osteopathy and massage and Swedish movements debated in medical circles.

"Osteopathic manipulations are likewise included under the double head of Swedish movements and massage. The efforts of osteopaths to establish osteopathy as a

special method or system, differing from and larger than Swedish movements and massage combined, must necessarily be unavailing because there is nothing in osteopathy that has not been borrowed from kinesitherapy and massage, except perhaps its visionary pathology..." (The American Journal of Clinical Medicine Vol. XV [1908]:1132)

"Two men in no way associated, applied for work in massage recently, one a graduate of Dr. Clodhausen's Institute in Copenhagen, and one of the Royal Institute for Gymnastics in Stockholm. The first, after completing his two years' course in Denmark, took a postgraduate course of a year in the Swedish school. On coming to America, each, hearing of the marvels of osteopathy, which pretends to proceed on similar lines but with a mystical quality of omniscience, determined to learn this 'science.' Each one took the full course at Kirksville, the school of Dr. Still and the fountain head of osteopathy, graduating in due course. They both assured me that they learned no facts of importance not already known to them. Such instances can be readily duplicated in the experience of others." (New York Medical Journal and Philadelphia Medical Journal [December 19, 1903]:1174)

1904 A Textbook of Mechanotherapy: Massage and Medical Gymnastics. 2nd Revised Edition. By Axel Grafstrom (Philadelphia)

1907 American College of Mechano-Therapy, chartered by the State of Illinois, Incorporated 1907. Literature claims that it was founded in 1867 (under a diferent name). 1909 ad in Boston American reads: "We teach you how to treat disease without drugs." Labeled quacks by A.M.A.

1915 R. Tait McKenzie reports that the Y.M.C.A. "has borrowed much of their emphasis on posture and their corrective work" from the Swedish gymnastic system. "The regular program of exercise is arranged in a day's order [exercises] of seven divisions, ending with a bath and rub down."

1915 The Therapeutics of Activity by Andrew A. Gour, M.G, D.O. published. He was a medical gymnast (studied at the Posse Gymnasium) and a Diplomate of Osteopathy. He was a professor of osteopathic gymnastics at the Chicago College of Osteopathy and formerly an instructor of medical gymnastics at the Y.M.C.A. College in Chicago.

"...massage becomes a useful adjunct to much osteopathic treatment, under the term, manipulation. It is usually employed in relaxing muscles previous to lesion setting." (Gour 1923:253)

**** **By 1915, the Swedish Movement-Cure and massage are used as adjuncts to regular medicine (as mechanotherapy or physio-therapy), as well as to osteopathic medicine.**